

# Diabetes, a way of life : lifestyle changes, glucose tolerance and fatty acid metabolism

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# Stellingen

*behorende bij het proefschrift*

## Diabetes: A Way of Life

Lifestyle Changes, Glucose Tolerance and Fatty Acid Metabolism

A lifestyle intervention program according to general recommendations improves glucose tolerance and hyperinsulinemia also in a less obese and more active population  
(*dit proefschrift*)

The majority of the cases of type 2 diabetes could be prevented by the adoption of a healthier lifestyle  
(*Hu et al, New Engl J Med 2001; 345: 790-797*)

Male subjects with Impaired Glucose Tolerance share similar defects in fatty acid utilization as subjects with type 2 diabetes mellitus  
(*dit proefschrift*)

A dysregulation of skeletal muscle fatty acid metabolism may play an important role in the etiology of insulin resistance and type 2 diabetes  
(*J. Denis McGarry: Banting Lecture 2001, Diabetes 2002: 7-18; dit proefschrift*)

General practitioners remain to be convinced that they have a role in attempting to reduce the incidence of type 2 diabetes  
(*Wylie et al., BMJ 2002; 324: 1190*)

'Omdat het nog nooit gedaan is', is geen argument voor het uitvoeren van wetenschappelijk onderzoek, wél voor expedities

De doelgroep van een 'te-dikke-kinderen-zomerkamp' behoort niet kinderen uit groep 7 en 8 te zijn, maar hun ouders

Het predikaat 'de witte Keniaan' voor een goede blanke marathonloper is vanuit spierfysiologisch oogpunt gezien een vreemde benaming

Ondanks de enorme populariteit van de elektronische-mail blijft voor de echte oriënteerder de postzak toch het belangrijkste

Een 'LSD<sup>1</sup>-trip' stimuleert de geest  
(*personal observation*)

Marco Mensink, zomer 2003

<sup>1</sup> LSD = Long Slow Distance (training)